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HOMEMAKERS' CHAT

Friday, May 2, 1941

(FOR BROADCAST USE ONLY)

Subject: "Ham." Information from the Bureau of Home Economics, U. S. Department of Agriculture.

--ooOoo--

As you've probably noticed--pork has been coming in for a lot of attention these days -- as ~~one~~ of the foods in the defense plan.

Pork has been getting attention lately because of plans now underway to increase the production of hogs in the United States. Just last month, Secretary of Agriculture Claude R. Wickard announced a new program in which farmers are being urged to raise more and bigger hogs--to produce more dairy products--and more chickens--and more eggs.

Some of the increase in these products will be used to feed people in this country. Some will be shipped to Great Britian and her allies abroad. These countries need food. And since ships are scarce--they need food that brings them the greatest amount of food value for every cubic foot of cargo space they take up. Pork fills the bill on this because it is a concentrated food that doesn't take up much shipping space. Furthermore it can be cured so that it will keep a long time.

So much for pork in the international picture. Now I have some suggestions to pass on to you from the Bureau of Home Economics of the U. S. Department of Agriculture. These suggestions are for cooking and serving cured pork.

"The first rule for cooking cured pork or any kind of pork is to cook it thoroughly. There should be no such thing as rare or medium-done pork ever served on any table. For pork has to be cooked to the well-done stage before you can be absolutely sure that any trichinae are killed if they happen to be present in the lean pork meat."



And now--here are some tips from the Bureau of Home Economics for baking ham.

"First thing you need to know about the ham you are baking is 'how has it been cured.' Is it a ham with a mild cure, or an old or country-cured ham that's much stronger? If the cure is the mild type, you won't need to do anything to the ham before you bake it. But a ham with a strong cure needs to be soaked at least overnight before you bake it.

"Like all pork--ham is tender meat. So bake it as you would any tender meat. That is, put it in a rack--in a shallow uncovered pan. Put it on the rack with the fat side up--and keep the oven temperature low all through the cooking. Low means about 260 degrees Fahrenheit in this case.

"If you use a meat thermometer--you'll know the ham is done when the thermometer registers about 170 degrees Fahrenheit in the center of the ham. If you haven't a thermometer--allow about 25 to 30 minutes per pound of ham if you're cooking a whole ham."

But if you have a small family, maybe you won't want to bake a whole ham. In that case, you might have "half-a-ham"--that is a shank roast or a butt roast. You bake a half ham just as you do a whole ham--except you'll have to allow considerably longer for every pound of meat.

Another good way to have baked ham for a small family is to bake a ham slice. If the slice is about 1 inch thick, it'll take about an hour to cook it well-done in an oven of about 300 degrees Fahrenheit. Brown the ham before you put it in the baking dish--baste it every once in a while. And if you want something extra special, pour a mixture of brown sugar--bread crumbs--mustard, and pineapple juice with it. And serve it up with baked pineapple slices.

As far as taste is concerned--pork shoulder is much like ham. And you cook it and serve it in much the same ways. However, the awkward shoulder bone makes





hard carving. Therefore, many cooks like to have the shoulder bone taken out before they bake the piece. Then in the place where the bone comes out they can put in some good stuffing. One especially suitable stuffing can be made from raisins and bread crumbs-- with butter and chopped onion--and celery, parsley, and lemon for added flavor.

To bake a boned shoulder--keep the oven temperature very moderate--about 325 degrees Fahrenheit. For a 4 to 5 pound picnic shoulder, allow about 3 1/2 hours in this very moderate oven.

After you've served your baked ham or baked shoulder - the chances are you'll have some good meat left over--little pieces that make good sandwiches and salads and cakes with potatoes and rice.

Here's one kind of a hearty hot sandwich that's good--more or less out of the ordinary--and easy to make. It's a French-toasted sandwich.

To make it, take some ground cooked shoulder or ham. Mix this with just enough butter or other fat to make it easy to spread. Make sandwiches using this as filling.

Then beat up 1 or 2 eggs with 1 cup of milk. Dip the sandwiches lightly on both sides in this egg-and-milk mixture. Fry the sandwiches on both sides until they are a golden brown. And serve them hot.

And now--just one more thing before I finish this broadcast--about the food value of pork. Naturally, like all meat, pork is good protein food. But besides that it is a rich source of vitamin B<sub>1</sub>, even after it is cured and cooked well-done.

If you would like more ideas for cooking all kinds of cured pork-- bacon-- salt pork--Canadian bacon--boneless shoulder butt as well as other ways of cooking ham--here's a bulletin that you'll want. Its title is "Cooking Cured Pork." It is leaflet 81 of the U. S. Department of Agriculture. And you can get a free copy by writing a postcard to the U. S. Department of Agriculture, Washington, D. C.

